



GOLD MEDAL BODIES

**FLOOR ONE
GETTING STARTED**

READY FOR FLOOR GYMNASTICS WORK?

Cool. We know you're excited and ready to get moving ASAP. Here's how you can get the most out of this course:

- ★ Firstly, please read the manual. We included it for a reason: you need it! Skim over it the first time as you watch through the videos and then make sure to read the details before you begin the workouts.
- ★ We've tried only to include the theory you absolutely need in this document, so it's not nearly as long as it could have been. Understanding this material will mean the difference between just seeing the video demonstrations and really understanding how to practice the exercises. **Simply: Understanding this small amount of training theory will ensure that you get the results you want.**
- ★ You'll find printable program charts and other goodies in separate documents.
- ★ If you have questions or concerns, **READ THE MANUAL!** The answers to most questions are included in the text, so please make sure to read it again (you might even learn something!) before sending us an email. We also recommend re-reading the manual and watching the exercise instruction at least once per training phase (roughly once or twice a month) to refresh your memory; you'll also understand the performance points better with each return to the text.

If you follow these guidelines, we're sure you'll be pleased with your progress on Floor One.

So go ahead and grab yourself a cold beverage, fire up your video player, and sit back to read over the information herein. Here's to skill and strength!

